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Huskies QB holding his own at Riders camp

Feeling Green, White and all right. Experience will have Burko ready for the CIS football season, coaches say

MORGAN MODJESKI
morgan.modjeski@metronews.ca

University of Saskatchewan quarterback Drew Burko will be ready to go for the start of the Huskies' 2013 season after being pushed to perform at a whole new level of play.

For the last three days, Burko has been practising with the Saskatchewan Roughriders at their 2013 training camp, and Huskies head coach Brian Towriss said the experience would go a long way for the young quarterback.

"He's picking up a lot of stuff in the meetings and (learning about) the velocity and how hard they have to throw the ball on every rep," said Towriss. "It's good for him to come out and work with these guys who have a little more experience and a little better arm strength."

Riders quarterback coach Khari Jones said although Burko has a long way to go, he's holding his own among the more experienced players.

"Drew is doing all right. I like what he's bringing to the table," said Jones.

"It's a big jump to go from college football to professional football, and the biggest thing is not looking out of place. But he's working hard and he's taking everything that we're giving to him and trying to put it to good use. I think it's going to help him a lot."

Durant impressed

Riders quarterback Darian Durant said Burko has got the potential, and he feels with some time and work with Roughriders offensive co-ordinator George Cortez, Burko can go the distance.

- "He's picking up everything really well," said Durant. "He's a smart guy, he has a ton of talent and he's young. I think him being around us vets is giving him some knowledge and the experience, and I think he can take it back with him."

Drew Burko, quarterback with the University of Saskatchewan Huskies, has been practising with the Saskatchewan Roughriders for the last three days, and coaches and veteran quarterbacks alike say the young QB has been performing well under the pressure. MORGAN MODJESKI/METRO

Restructuring may benefit STC, according to think-tank

Changes. Saskatchewan Transportation Company's restructuring would make it a facilitator of bus services, rather than a provider, new report says

MORGAN MODJESKI
morgan.modjeski@metronews.ca

The Saskatchewan Transportation Company may benefit from a revamp.

A recent report from the Frontier Centre for Public Policy (FCPP) has found the Saskatchewan Transportation Company (STC) might benefit from a restructuring that would position it as a facilitator of bus services, rather than a provider.

According to the report, in 2012 STC buses lost $2.63 per mile and its findings indicate it would be beneficial for the STC to provide service on main, profitable routes, while tendering less profitable, but socially desirable, routes to private companies.

Steve Lafleur, one of the authors of the report and a policy analyst with the FCPP, said with the amount of subsidies the STC is getting from the provincial government — about $9.2 million in 2012 — the change could help the Crown corporation save money.

"We'd like to see the Saskatchewan Transportation Company turned into the Saskatchewan transportation commission," said Lafleur. "Rather than be a provider of inter-city busing, we'd like to see it become a purchaser — because it is helpful to have a central coordinating body, but they're not very good at delivering the service."

However, Candace Phelps, executive director of strategic planning and communications with the STC, said the company is working with private service providers in terms of managing routes. She noted the STC still handles administrative duties such as scheduling and ticketing.

A Saskatchewan Transportation Company bus pulls into the company's Regina depot on Tuesday. A think-tank says the STC should be significantly restructured. ROSS ROMANIUK/METRO IN REGINA

"For the most part, our partnerships tend to be with private-sector operators who want to drive," Phelps said. "And that's where it stops."

There have been examples of communities requesting bus service and the STC encouraging them to seek a private operator, though Phelps noted there's been little to no interest from the private sector.

"For us, the addition isn't always economically feasible," she explained. "But we've always said if there's a private-sector operator in the area, we'll interline with them and partner with them … and with almost all of them, no one has come forward."

Delayed trial

Regina lawyer may be the one to represent Douglas Hales

A man who had fired a number of lawyers after being charged in the death of a Saskatoon university student appears close to hiring someone to represent him at his trial.

Douglas Hales, 34, is charged with first-degree murder and indignity to human remains by setting fire to a body in the death of Daleen Bosse.

The 25-year-old aboriginal woman was last seen at a Saskatoon nightclub in 2004, and her remains were later found northeast of the city.

Hales was arrested in 2008, but his case has not been able to proceed because of problems finding defence counsel.

A Saskatoon judge heard Monday that Hales is talking to Regina lawyer Bob Hrycan, and that a key issue in the potential arrangement is whether court services will agree to pay for a junior counsel to assist Hrycan.

THE CANADIAN PRESS

One Arrow First Nation

Body found floating in slough

RCMP are investigating the discovery of a body found floating in a slough on One Arrow First Nation Tuesday afternoon.

Members of Wakaw RCMP contacted the RCMP Underwater recovery team to assist with the retrieval of the body.

According to an RCMP release, the body will need to be examined to determine sex, age and identity, as it appears to have been in the water for some time. METRO

On the web

For more local news go to metronews.ca

B.C. cops bust buried pot crop

Grow-op. Underground bunker containing 430 plants, industrial generator linked to Hells Angels, police say

EMILY JACKSON
Metro in Vancouver

A sophisticated underground marijuana grow-op disguised as a Langley hobby farm — complete with three sheep, a pig and guarded by about a dozen pit bulls and Chihuahuas — was busted by police over the weekend.

RCMP needed a crane to excavate five steel shipping containers connected with a continuous underground pathway at the property in the 27000-block of 56th Avenue, according to a news release from B.C.'s Combined Forces Special Enforcement Unit.

Three men and one woman were arrested when investigators found 430 plants at the site, though they were later released pending further investigation. The dogs are being cared for by one of their family members.

Officers were "shocked" that the operators cut into a nearby natural gas pipeline to power the elaborate bunker system with an industrial-sized natural gas generator worth about $100,000.

"This had the potential to be extremely dangerous to the public and emergency responders," CFSEU-BC spokesman Sgt. Lindsey Houghton said in a statement.

Police believe the grow-op, described as a "complex operation that required a great deal of planning and equipment," including cranes and flatbed trucks, was running for at least a couple of years.

This is the second underground grow-op the CFSEU-BC has dismantled in the past two months. Police believe both are linked to the Hells Angels.

Colorado judge accepts James Holmes' insanity plea

Sheriff's deputies search people before they enter district court for a hearing for Aurora theatre-shooting suspect James Holmes, inset, in Centennial, Colo., on Tuesday. A judge accepted James Holmes' long-awaited plea of not guilty by reason of insanity Tuesday and ordered him to undergo a mental evaluation — an examination that could be a decisive factor in whether the Colorado theatre shooting suspect is convicted and sentenced to die. The judge also granted prosecutors access to a hotly contested notebook that Holmes sent to a psychiatrist shortly before the July 20 rampage, which left 12 people dead and 70 injured in a bloody, bullet-riddled movie theatre in suburban Denver. BRENNAN LINSLEY/THE ASSOCIATED PRESS

Erectile-dysfunction pills. Alleged love-drug pushers looking at hard time

Two men are accused of bringing into Canada hundreds of thousands of contraband erectile-dysfunction pills made in China.

The Canada Border Services Agency says the illegal products were intended for sale on the Internet and in sex shops in different provinces.

Dozens of charges are being laid against Alain Elmaleh and Alain Richer, and against 12 businesses Elmaleh owns in five provinces: British Columbia, Ontario, Quebec, New Brunswick and Nova Scotia.

The border-services agency announced Tuesday it is laying 37 charges against the two Montreal men under the Customs Act, the Food and Drugs Act and the Criminal Code.

Authorities say the investigation was launched in 2011.

THE CANADIAN PRESS

Proposed ban. Rapists in India 'provoked by mannequins': Official

Mannequins displaying lingerie and other skimpy clothing may soon be banned in India's cosmopolitan city of Mumbai as an anti-rape measure.

The municipal council overwhelmingly passed a resolution last month barring stores from putting scantily-clad mannequins outside their shops. The municipal commissioner has yet to give the required approval of the resolution.

The measure comes as an American woman was gang-raped Tuesday in the northern Indian resort town of Manali, police said.

"Such people get provoked by mannequins. After all, a mannequin is a replica of a woman's body. That's why I oppose it, because mannequins do not suit Indian culture," said city council member Ritu Tawde. THE ASSOCIATED PRESS

El Salvador

Woman denied an abortion recovers after baby's death

An ill Salvadoran woman who delivered a baby through a cesarean section after being denied a medical abortion is recovering well and has had her tubes tied as she requested, doctors said Tuesday.

The 22-year-old's bid to end what her lawyers said was a life-threatening pregnancy drew international attention.

THE ASSOCIATED PRESS

Auditor general

Senate proposes expense review

The Harper government is hoping to restore public confidence in the Senate by putting the scandal-plagued chamber's books under the auditor general's microscope.

Sen. Marjory LeBreton, introduced a motion Tuesday asking auditor general Michael Ferguson to conduct a comprehensive audit of Senate expenses, including the expense claims filed by individual senators.

THE CANADIAN PRESS

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Would you dig through a landfill for this game?

A New Mexico city commission has agreed to allow a Canadian studio to search an old landfill where old, terrible Atari games are rumoured to be buried. The Alamogordo Daily News reports that Alamogordo, N.M., commissioners will allow Fuel Industries, which has offices in Ottawa and Los Angeles, to search the landfill for games. One sought-after game, the E.T. video game, is thought by some gamers to be one of the worst video games of all time. Atari paid Steven Spielberg tens of millions of dollars to license the E.T. name, and the dud of a game caused the troubled company's worth to sink even further at the time. Alamogordo Commissioner Jason Baldwin says he played the E.T. game and it was horrible. THE ASSOCIATED PRESS

Canadians slow pace of debt accumulation

Personal finance. Data shows largest quarterly drop in non-mortgage debt since 2004

New data on consumer credit suggests Canadians are becoming more cautious about making purchases that involve taking on debt.

The analysis by TransUnion Market Trends shows average consumer debt in Canada, excluding mortgages, fell by two per cent to $26,935 in the first three months of 2013 from the fourth quarter in 2012.

While total debt is still 3.5 per cent higher from a year ago, it was the first quarterly drop since the third quarter of 2011 and the largest since the firm began collecting the data in 2004.

TransUnion vice president Thomas Higgins says while the fall-off was significant, it is still too early to declare a trend. He notes that the 2011 decline was quickly followed by rapid increases in 2012.

The Bank of Canada has welcomed the general trend to more frugal finances among households, particularly in mortgages, which make up for the vast majority of debt held by Canadians. The bank continues to warn, however, that Canadians could be caught out once interest rates start rising.

With interest rates at rock-bottom levels, TransUnion says delinquency rates remain low for all credit products.

On consumer debt — which includes credit card debt, lines of credit, instalment and car loans — all provinces except British Columbia posted a quarter-to-quarter decline in the first three months of 2013. In B.C., credit rose 3.7 per cent.

THE CANADIAN PRESS

Average Canadian consumer debt, excluding mortgages, fell by two per cent in the first quarter of 2013 compared with the fourth quarter of 2012. THE CANADIAN PRESS FILE

By the numbers

$1,398

The average Canadian pays about $1,398 in interest each year on their lines of credit, says TransUnion vice-president Thomas Higgins — but that would rise by $350 if rates rose by one percentage point, and by $699 if rates rose two points.

Consumer safety

Feds introduce stiff fines for firms that don't obey recalls

The federal government is going to impose fines of up to $25,000 a day on companies that don't remove unsafe consumer products from their shelves. Health Minister Leona Aglukkaq announced Tuesday that a company that ignores government orders and deadlines to withdraw unsafe goods will be handed a stiff fine. THE CANADIAN PRESS

Market Minute

DOLLAR 96.67¢ (-0.63¢)

TSX 12,593.97 (-15.83)

OIL $93.31 US (-14¢)

GOLD $1,397.20 US (-$14.70)

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Dow Jones: 15,177.54 (-76.49)

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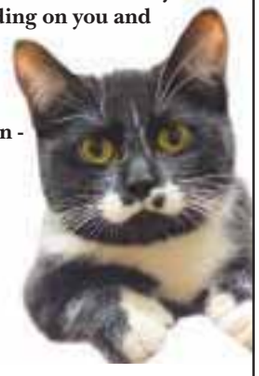

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Wireless competition

Ottawa blocks Telus bid for Mobilicity

Ottawa is blocking a $380-million deal to sell struggling wireless upstart Mobilicity to Telus and says it will continue to prohibit spectrum transfers that would limit competition in the wireless market. Industry Minister Christian Paradis said the government would use all tools at its disposal to ensure there are at least four wireless competitors in every region of Canada. THE CANADIAN PRESS

In-store entertainment

Mood Media signs deal with Universal

Toronto-based Mood Media Corp. has announced a five-year deal to collaborate with Universal Music Group. Mood Media uses audio, visual and other sensory services that appeal to customers at hundreds of businesses such as clothing stores and restaurants. Mood Media says its platforms reach over 150 million consumers each day in over 40 countries.

THE CANADIAN PRESS

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China. Entrepreneur has hay day squeezing profits from B.C.'s excess crops

China's booming agricultural industry is literally proving to be rich fodder for farmers in Vanderhoof, B.C.

Entrepreneur Judd Wu moved from China last spring to launch Top Hay Agri Industries, specializing in compressing hay bales to a fraction of their original size, for shipment to China's voracious agricultural markets.

Wu chose Vanderhoof, which is in central B.C., because it has the acreage and climate to produce lots of hay, as well as convenient transportation links to the Prince Rupert port.

His first shipment was trucked out last week and Wu hopes to eventually increase daily production to 150 metric tonnes, feeding China's estimated annual demand of 100 million tonnes.

Nechako-Lakes MLA John Rustad says Vanderhoof has the potential to grow much more hay than the region can consume. He says shipping the excess overseas prevents low prices caused by a glut on local markets, offers a much-needed economic boost for the Nechako Valley, and strengthens Canada's bond with Chinese and other overseas markets.

THE CANADIAN PRESS

Vanderhoof, an area in central B.C., is capitalizing on China's agricultural boom by shipping excess hay overseas. GETTY IMAGES FILE

DENY MILK FOR GREENER PASTURES

JUST SAYIN'

Paul Sullivan
metronews.ca

I'm so confused.

This week's hot book says that if you really want a meaningful relationship, you should go on a sex diet.

Well, to be precise, it says women should go on a sex diet, but that has obvious implications for their potential partners, who are everybody else.

The book is called The 30-Day Love Detox: Cleanse Yourself of Bad Boys, Cheaters, and Men Who Won't Commit — And Find a Real Relationship.

The author is Dr. Wendy Walsh, one of those friendly experts who populate the cable news channels. She even plays cable news experts on movies like Baywatch and The Cable Guy. I'm not sure how she went from a Ryerson journalism grad to "doctor," but it happened somewhere between Halifax, where she was born, and Los Angeles, where she was reborn on Fox and CNN.

She does appear to have a PhD in psychology from the California Graduate Institute, which is not based on the back of a pack of matches, so we should listen.

The diet analogy goes beyond the title. It's all about "slow love." Like "slow food," get it? Citing "evolutionary psychology," Dr. Blond Alliteration promises to help women:

- Purge junk-food men
- Learn the five sexual myths that keep women single
- Determine when to begin the onset of sexual activity in a new relationship
- Avoid the biggest mistakes women make when dating online
- Spot a commitment-oriented man at his "state of readiness," which is not, apparently, what you think it is.

The secret: No sex for the first 30 days. As far as I can tell, she'd really like you to abstain until he puts a ring on it, but that's way too long for today's post-Sex and the City woman.

Dr. BA also says women should stop sexting during this same period of abstinence. It's the sexual equivalent of empty calories.

But! But! you're probably asking yourself: "How is this any different from the advice that mom used to dole out on a daily basis?" And, truth be known, still does. Well, it's scientific. During orgasm, the female body unleashes a tide of oxytocin, a hormone that encourages bonding. This is dangerous, according to Dr. Walsh, as a woman can think she's just hooking up when she's really bonding with some unsuitable, commitment-phobic, bad-boy creep who is just using her for sex.

So it's like mom (or dad, who knows all about commitment-phobic bad boys because he probably used to be one) with a PhD. Just goes to show the value of a good education. The moral of this story is that morality has nothing to do with it, but it's still the same old story: "Why would he buy the milk if he can get the, er, cow for free?"

Slow love rules. Even in the 21st century.

ZOOM

My little pony and his care bear

SNMS

Foal finds comfort with teddy bear

An orphaned week-old foal sleeps soundly in the lap of his new surrogate mum — a teddy bear. Breeze, the bay pony, was found abandoned in Dartmoor National Park in Devon, southwest England, just a few hours after his birth.

After finding the newborn, rescuers from the local Mare and Foal Sanctuary took him in. Breeze had been stumbling hopelessly around the park's hillside and attempting to suckle on other mares. When he was found by rescuers after first being discovered by a local farmer, he was suffering from clinical shock and dehydration, said staff. METRO

Stuffed companion

"We always give our orphaned foals a giant cuddly toy as a companion. They're just like human babies in the way in which it provides them with comfort."

Syra Bowden, executive director at the Mare and Foal Sanctuary

Vets come to the aid of poor pony

Despite the comforting effect from his cuddly toy, Breeze isn't OK.

Vets spent three hours by the poorly foal's side. He was placed on a saline drip, had a catheter fitted and was given crucial colostrum drips, milk and medication on his arrival. METRO

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

Sick of hearing about the Red Wedding second hand? Wishing you could silence your co-workers, Twitter and Facebook until you're caught up on the nuptials? You're in luck, now you can (though you're on your own with the co-workers part).

silencer.io

Google Chrome's 'mute packs' let you silence hashtags, people, terms or phrases on Twitter and Facebook to clear your feeds of spoilers (or boring friends or irritating topics).

spoil.rs

For those who want to "never annoy your followers again," spoil.rs masks your tweets so you can tweet to your heart's content about Robb Stark without fearing the wrath of Game of Thrones.

Twivo

Coming soon to a URL near you. This program gives users more control over what they block by including time-frames in the filters — giving TV-watchers self-imposed deadlines to get on with their viewing.

Twitter apps

Though you can't use filters on Twitter's iPhone or Android apps, there are a handful of third-party apps that do the screening for you. Try Tweetbot for iPhone or Plume for Android.

Twitter

@metropicks asked: Dunkin' Donuts recently added a doughnut breakfast sandwich to its menu. What would you like to eat between two pieces of doughnut?

@Mattgela: I would eat some good fruit in between! :P

@RealMarcDunn: #JimGaffigan already invented the donut ham hamburger, so Dunkin's a little late, but you can't go wong with #bacon

@aymyao: I'd love to have bacon weave in my donut

@morbiddangel: hopefully timmies is taking notice.

@Canucklehead_ca: Would be much easier to list things I WOULDN'T eat between 2 pieces of donut. (Thinking bacon & Timbits to start though.)

@FrenchmanCanada: Another donut!

@patriciacameron: Obesity, diabetes, other health issues link to toxic foods like this. Party pooper would eat NOTHING this way.

@LaniganDarin: Just skip the pleasantries of making people sick and kill them outright, put the KFC double down between 2 donuts

Follow @metropicks and take part in our daily poll.

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metro

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SCENE 2

Paid to be unemployed: when actors get naked

The Internship. Owen Wilson and Vince Vaughn use a familiar formula with their latest bumbling, stumbling comedy

IN FOCUS
Richard Crouse
scene@metronews.ca

Owen Wilson, left, and Vince Vaughn star in The Internship, which opens this weekend. HANDOUT

The new buddy comedy The Internship pairs Owen Wilson and Vince Vaughn for the first time since 2005's Wedding Crashers.

They are still wild and crazy guys, but this time out they are unemployed wild and crazy guys pushed out of their jobs by technology.

Unable to get a foothold in the new media field they take intern jobs at Google.

"We're looking at some sort of mental Hunger Games against a bunch of genius kids for just a handful of jobs," says Wilson.

Many movies have used unemployment as the starting point for storytelling.

In Lost in America, rated one of Bravo's 100 Funniest Movies, Albert Brooks plays a successful advertising executive who gets fired for insulting his boss.

Free from the shackles of employment he goes all carpe diem and convinces his wife Linda (Julie Hagerty) to leave her job and explore the country in a Winnebago. When they lose their nest egg on a Las Vegas stop over they reenter the work force as a crossing guard and manager at a Der Wienerschnitzel restaurant, respectively.

As the movie ends they hit the road once again, hoping to reclaim their old jobs and lifestyles.

It would be hard to imagine a more toxic workplace than the real estate office in Glengarry Glen Ross.

Encouragement comes in the form of verbal abuse — most of which can't be printed in a family newspaper — and a motivational sales contest offering three prizes.

The top seller wins a Cadillac Eldorado.

"Second prize is a set of steak knives," says Blake (Alec Baldwin). "Third prize is you're fired."

Playwright David Mamet based the original play on his experiences working in a real estate office in the 1970s.

Finally, The Full Monty is a comedy that takes a serious look at the effects of unemployment on the individual and the community.

Set in Sheffield, England, it's the story of six men, most unemployed steel workers, who come up with a unique way to pay the bills.

They decide to form a Chippendale dancer style group, separating themselves from the pack by going "the full monty" and go completely stark naked.

While filming, the actors agreed to go completely nude in front of 400 extras provided they only had to do it once.

They got it in one take, and according to Roger Ebert, the inspiring and revealing final scene "was applauded at the screening I attended."

Get hungry

"We're looking at some sort of mental Hunger Games against a bunch of genius kids for just a handful of jobs."

Owen Wilson
Talking about his new movie The Internship.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

John Mayer. ALL PHOTOS GETTY IMAGES

Mayer exploring Perry's wonderland once again

It looks like on-again, off-again couple Katy Perry and John Mayer are very much on again, though this time it's a more "casual" relationship, according to E! News.

"They are just hanging out," a source says.

"They are not putting a label on it."

Though they haven't stepped out in public together since their March breakup, Perry and Mayer have reportedly been spending most of their nights together.

A rep for Perry couldn't be reached for comment.

The Word

Radcliffe really wants to be a rad dad

Daniel Radcliffe wants to start a family, and he may be in somewhat of a hurry about it.

"I'd like to get started on it before my 30s," the 23-year-old Harry Potter star tells Time Out London. "I like the idea of being a youngish parent so I've got energy to play football, even though they'll be better than me by the time they're four."

And while he doesn't currently have a mom-to-be in mind, the height challenged Radcliffe admits she'll have to do a lot of the heaving lifting, height-wise.

"I will have to find a very tall wife if they're going to be good at sports," he says. "You could be my size as a boxer, you'd just have to be a super featherweight or something."

Al Pacino

Don't say Pacino never did anything for you, Bruce

If Al Pacino is to be believed, he could have been Han Solo. The Oscar winner says he nearly starred in some of the biggest franchise-starters in Hollywood history but decided to turn them down.

"Star Wars was mine for the taking, but I didn't understand the script," Pacino told an audience in London, according to the Evening Standard.

He also claims he turned down the lead role in Die Hard that eventually went to Bruce Willis. "I gave that boy a career," Pacino said.

Amanda Bynes sees a silver lining with legal troubles

If you're curious about the latest details in Amanda Bynes' legal battles, the troubled starlet is happy to oblige.

"The (district attorney) and my lawyer talked today," Bynes posted to Twitter.

"They have no proof of drugs on me or around me at anytime during the arrest or after. All I'm becoming is more famous. Thanks for lying about me!"

Bynes was arrested May 23 on counts of reckless endangerment, tampering with evidence and criminal possession of marijuana. She's due in court July 7.

Amanda Bynes

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Hats off to Panama!

Country of contrasts. This little nation with a famous canal boasts a bustling city, pristine beaches and verdant countryside

FERNANDO CARNEIRO
life@metronews.ca

From modern skyscrapers in Panama City to the wild countryside and pristine beaches, Panama is a country of contrasts.

The Panama Canal, of course, brings people from all over the world to the capital, where international cuisine is easily found along with Caribbean flavours in restaurants such as Manolo Caracol and La Vitrola.

Its imposing skyline, dotted with ultra-modern architecture, is on display through the windows of downtown hotels like the Radisson Decapolis or the rooftop of the Hard Rock Hotel Panama Megapolis.

The nightlife includes a variety of charming restaurants in the Casco Viejo (old city) and salsa clubs featuring live bands such as the Havana Club Panama.

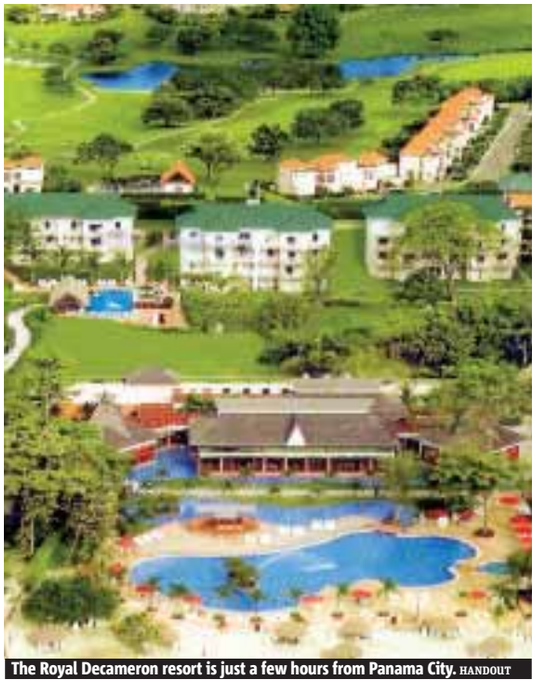
The local currency? They use U.S. dollars, except for the coinage, which is called the Balboa and minted in Canada.

A short drive away lies a different world in the tropical forest. Day tours for zip lining, culture and craft, or a visit to the Embera Indigenous Community range from $55 to $90.

For rest and relaxation in the sun, Panama has beaches on both the Pacific and Atlantic oceans.

Just a couple of hours from Panama City lies Farallon, home to the Royal Decameron Golf, Beach Resort and Villas Panama.

This all-inclusive resort is situated in a "dry arch," which means more sunny days on the beach. Ten restaurants, a spa and various swimming pools make exploring this large resort fun for days. Nightly shows and a disco are a good way to cap a busy day.



The Royal Decameron resort is just a few hours from Panama City. HANDOUT

Ultra-modern architecture dots Panama City's skyline.
FERNANDO CARNEIRO/METRO

Canadian influence

Canadian architect Frank Gehry — whose wife is Panamanian — designed the soon-to-be-finished Biomuseo, which showcases Panama's biodiversity. The distinct building, expected to become a cultural icon, is colourful to reflect its tropical environment.

Getting there

Nolitours offers flights through Air Transat to Panama City and various packaged vacations.

The world's greatest shortcut

It's impressive today and it must've blown people's minds 99 years ago when the first ship crossed the Panama Canal. Possibly the world's greatest shortcut — it takes ships an average of eight to 10 hours to transit the Canal versus nearly a month to go around South America — the Canal is also a must-see tourist attraction.

Its on-site museum has images and tools starting with the original French attempt at building the Canal, which was followed by the successful American completion of the crossing in 1914. Tens of thousands died during construction due to illnesses carried by mosquitoes and engineers were forced to innovate to dig through the continental divide.

Today, the Canal is one of the Seven Wonders of the Modern World and employs about 9,500 people, bringing in $1.5 billion to the Panamanian economy.

Although managed by the United States until 1999, the Canal is now nationally managed with an expansion on the way to handle larger ships. It's expected to be completed next year when the Canal turns 100.

At the Miraflores lock, there's a buffet restaurant and viewing platform that allow tourists to see the ships enter the locks and watch them go through the various stages linking the ocean to Gatun Lake.

FERNANDO CARNEIRO/METRO

Embera Indigenous Community

Just hours from downtown Panama City is the Embera Indigenous Community. The hotel tour bus takes the group to the riverfront, where a wooden pirogue (boat) awaits. The journey upriver took about 15 minutes before we were welcomed at the village by the sounds of traditional instruments. At Embera, tourists are invited to mingle with the locals,watch traditional dances and eat a lunch of fried fish and plantain chips. Handmade arts and crafts are available for sale and the picturesque village is a wonderful spot for photography. Tour costs $90.

Plenty more to do in Panama

See this: Thousand-year-old gold objects and ceramics have been recently found in the tombs of an unnamed civilization at El Cano, near Farallon. Archeologists are still onsite making discoveries.

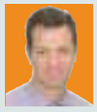
Buy this: Authentic Panama hats can be had at the home/shop of Reinaldo Quiros, above, in La Pintada. Each is handmade and priced from $15 to $600. Depending on how it's worn, you're telling the locals you're single, looking for a fight or a "vaquero" — a cowboy.

Do this: It's fast, safe, scenic — it's a thrill. Zip line in-between tree canopies in the Anton Valley, including over a waterfall. There are four platforms and great opportunities for photos.

PHOTOS: FERNANDO CARNEIRO/METRO

Trip tips

Hit the road this summer



ON THE MOVE
Loren Christie
life@metronews.ca

If the lure of the open road is calling you, just pick a stretch of highway somewhere between Trinity and Tofino. From coast to coast, Canada has limitless options when it comes to the makings of a great summer road trip.

Nova Scotia's Cabot Trail has always been a personal favourite. It offers stunning scenery, wildlife viewing (whales and moose) and the opportunity to touch the distinct Acadian and Scottish cultures that colour the history of the province. It is an ongoing debate whether to do the drive clockwise or counter-clockwise — I prefer clockwise. It builds your anticipation of the sites along the route in a more logical fashion.

Route 132 in Quebec's Gaspe region offers a scenic shore-hugging drive through silver-steepled villages surrounded by mountains and serenaded by the sea. The route forms a loop of about 900 kilometres. As the seaway widens into the gulf, try some ferry-hopping to explore both coasts of the St. Lawrence River.

The best way to see Canada? In a car, of course. ISTOCK

The Trans Labrador Highway is a relatively new 1,054 kilometre frontier highway that allows you to explore the wilderness, culture and adventurous nature of Labrador. Make sure to visit the 16th century Basque whaling station turned National Historic Site in Red Bay. This section of the highway also offers numerous whale and iceberg viewing spots and the chance to visit the tallest lighthouse in Atlantic Canada.

For those who want to hit the pavement but don't want to do the actual driving go sidecar with Jasper Motorcycle Tours. They offer numerous touring packages of Alberta's stunning Icefields Parkway. You get up close and personal with not only the asphalt, but the scenery and the wildlife. On my tour we saw a brown bear, big horned sheep and more elk than I could count. The drivers are fully knowledgeable about the area so you enjoy a fully guided tour as you take in the sights.

If you prefer not having to suit up in leathers and a motorcycle helmet and are looking for something a little more fancy, consider Niagara Classic Cabs in Southern Ontario. They will customize your tour through the Niagara wine-growing region in high style. It's perfect for people who want to hit the wineries without worrying about who is going to be the designated driver.

Finders keepers in game for seekers

Geocaching craze.
Try a treasure hunt next time you travel

Ever since there were pirates or wide-eyed children searching for eggs on Easter morning, treasure hunting has been a draw for the adventurous.

The adventure, of course, is in the hunt as much as it is in finding what has been hidden and meant to be found.

Combine that sense of adventure with global positioning technology and a desire to take advantage of the great outdoors, and you have a phenomenon known as geocaching — and tourism promoters are catching on, hoping to cash in.

Some tourism groups have watched the geocaching trend blossom over the past decade, and are taking advantage of it to attract treasure hunters and their treasure.

The tools of the geocaching trade. THE CANADIAN PRESS

"There are a series of geocaches that have been set up in various locations with the express purpose of bringing people to that area," says John Robb, president of the Ontario Geocaching Association.

The Ottawa Valley Tourist Association, based in Pembroke, Ont., encourages visitors to pack their GPS units and head to Renfrew County, northwest of Ottawa, a region that has become a popular geocaching destination with more than 300 cache sites scattered throughout the area.

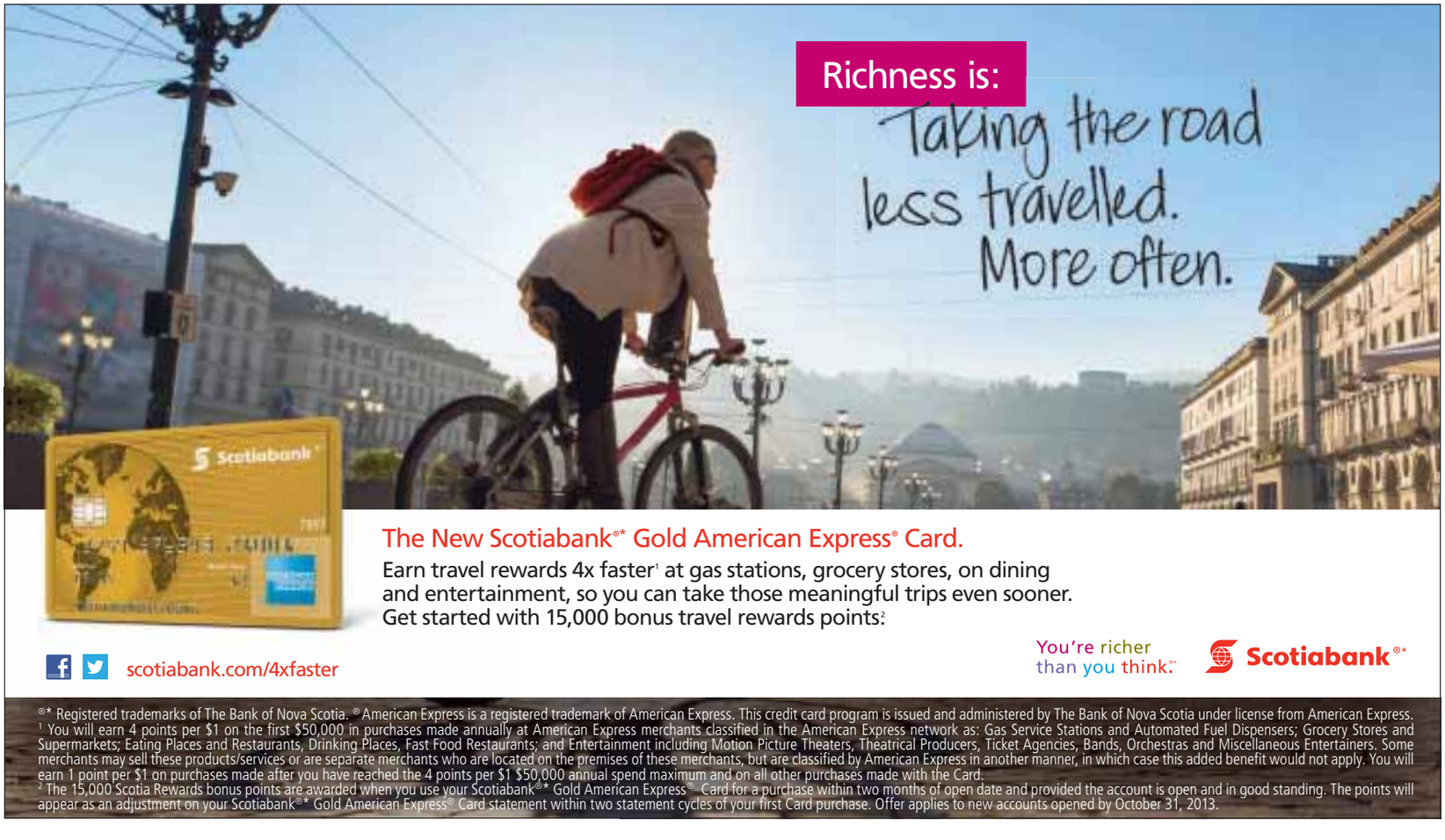
Forgot your GPS, or don't have one? No problem. The association, like others, will loan one with a damage deposit.

It has become big business.

"Anybody that does any level of geocaching will, at some point, travel to do geocaching," said Robb.

One of the largest annual geocaching events held in Canada is organized by the Central Ontario Geocachers. This year, hotels in and around Ontario's cottage country are expected to be inundated on June 15 by thousands of the sports enthusiasts for a hunt held at Geneva Park on the shore of Lake Couchiching, about 150 kilometres north of Toronto.

THE CANADIAN PRESS



Mango Salsa Over Vermicelli: Sweet and savoury mash up

This recipe serves six as an appetizer or four as a main meal. MARK SHAPIRO, FROM ROSE REISMAN BRINGS HOME LIGHT PASTA (ROBERT ROSE)

ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

A fresh tasting summer pasta salad, this Mango Salsa Over Vermicelli is great for warm days. Add a grilled protein, such as fish or chicken, and you have a complete meal.

1. Cook pasta in boiling water according to package instructions or until firm to the bite. Rinse with cold water. Drain and set aside.

2. In bowl of food processor, combine mangoes, red peppers, onions, green peppers, oil, lemon juice, garlic and cilantro. Process on and off just until finely diced. Pour over pasta. ROSE REISMAN BRINGS HOME LIGHT PASTA (ROBERT ROSE) BY ROSE REISMAN

Nutritional analysis

Per serving: 265 calories, 6 g protein, 3 g total fat, 1 g saturated fat, 44 g carbohydrates, 6 mg sodium, 0 mg cholesterol, 3 g fibre

Ingredients

- 8 oz vermicelli or other fine-strand pasta
- 1 3/4 cups diced ripe mangoes
- 3/4 cup diced sweet red peppers
- 1/2 cup diced red onions
- 1/2 cup diced sweet green peppers
- 3 tbsp olive oil
- 3 tbsp lemon juice
- 2 tsp crushed garlic
- 1/2 cup chopped cilantro or parsley

Metro Exclusive

Cooking with Vikram Vij, Part 2

It's time for a second helping. Metro and Vikram Vij are teaming up once again to give readers on opportunity to cook along with the renowned chef during a live webstream Thursday at 9 ET/6 PT at metronews.ca/vijcooklive.

Joining Vij as he prepares a Chicken Coconut Curry will be Dawn Chubai, from Citytv's Breakfast Television in Vancouver, and 11-year-old Liam Lewis, a food blogger who will act as a sous chef, helping to prepare the ingredients.

Plan to cook along with Vij? Here is your shopping list:

- 2 chicken thighs deboned, skin off, chopped
- 2 chicken breasts, skin off, chopped
- 1/2 tsp saffron (optional)
- 1/3 cup cooking oil
- 1 tbsp cumin seeds or black mustard seeds
- 1/2 tsp asafetida (optional)
- 2 tbsp finely chopped garlic (6 medium cloves)
- 1 tsp turmeric
- 1 1/2 tsp salt
- 1 tsp ground cayenne pepper
- 2 tsp paprika (optional)
- 5 cups coconut milk
- 2 cups stock (chicken or vegetable)
- 1/2 cup chopped cilantro (optional)

Cook with Vikram Vij and Metro on Thursday. SUBMITTED

Remember to visit metronews.ca/vijcooklive this Thursday at 9 ET/6 PT to cook along live with Vij. You will also be able to tweet him at #VijCookLive METRO

RECEPTIONIST

Reporting to the Office & Sales Admin Manager, Western Canada, the right candidate for this 3 month contract position will carry out a range of administrative and operational tasks related to the daily operations of the business in the Metro Saskatoon operation. As well as provide operational and executive support to the Sales/General Manager, Metro Saskatoon and any additional administrative support as directed.

PRIMARY RESPONSIBILITIES:

- Responsible for all administrative projects as assigned
- Responsible for the general daily office operations
- Oversee the monthly purchases of office supplies and send required accurals to Metro English Canada.
- General reception duties and Customer service requests
- Oversee couriers and mail; both incoming and outgoing
- Responsible for prompt office maintenance and repair work
- Responsible for maintaining accurate staff lists and directories
- Answering telephones, call screening and forwarding
- Deal with complex queries and complaints, by email, phone and in person
- Greet visitors and guests

REQUIREMENTS OF THE POSITION:

- 2-3 years of demonstrated success in a similar role
- Great organizational and time management skills
- Outstanding communication skills
- Intermediate knowledge of Microsoft Office - Word, Excel & Outlook
- Attention to details and thoroughness in the execution of tasks
- Must be a team player with a great, and we mean great, sense of humor

Interested individuals who possess the skills described above are requested to submit their resume and cover letter via email to hr@metronews.ca no later than June 14, 2013. PLEASE QUOTE: "Receptionist - Saskatoon" in the subject line. All submissions will be treated as confidential.

metro

Drink of the Week

Basil and Raspberry Smash

A unique combination of tart and sweet raspberries as well as basil, cranberry juice and simple syrup, this refreshing drink is perfect as the weather continues to warm up.

- 5 basil leaves
- 10 fresh raspberries
- 1.5 oz Luksusowa
- .5 oz simple syrup
- .5 oz cranberry juice
- Garnish: 2 fresh raspberries and a basil leaf

Muddle basil and raspberries gently in a short glass. Add all other ingredients and fill glass 2/3 with crushed ice. Mix well using a bar spoon and top up with ice. RECIPE: MACIEK STAROSOLSKI, GLOBAL BRAND AMBASSADOR, LUKSUSOWA VODKA/ PHOTO: YBIMC

Dinner. Cheese-and-Apple-Stuffed Pork Chops

1. Soak toothpicks in water 10 minutes, to prevent from burning when cooking the pork.

2. In saucepan on medium-high heat, reduce balsamic vinegar and honey for 15 minutes, until it is a syrupy texture and the liquid has reduced to approximately 2/3 cup. Set aside.

3. In bowl, combine cheese, apples, orange juice, onions and thyme. Add drizzle of olive oil and pinch of salt; mix well.

4. Season pork chops with salt and pepper to taste. Place 2 to 3 tbsp (30 to 45 ml) of stuffing on each pork chop and close with toothpicks.

5. Cook on grill over medium heat 7 minutes on each side. Serve with skewer of mixed grilled vegetables drizzled with balsamic reduction. NEWS CANADA/ SAPUTOALACARTE.CA

Ingredients

Balsamic Reduction

- 2 cups (500 ml) balsamic vinegar
- 6 tsp (30 ml) honey

Stuffing

- 12 oz (340 g) Mozzarellissima cheese, grated
- 3 green or red apples, grated
- juice of half an orange
- 3 green onions, finely chopped
- 2 to 3 sprigs fresh thyme, stems removed
- olive oil, to taste
- salt and pepper, to taste
- 6 pork chops, butterfly cut

Don't bring the beach to your business: Shedding light on sunny-season attire

Who wears short-shorts? Perhaps you do on your off-time, but try to be mindful of making your co-workers uncomfortable

MARY WHEELER
Metro World News

If your office is in the sand, dress in whatever duds you'd like. But chances are you've got people around you. Keep it professional! ISTOCK

It's finally summer, that sweet time of year when we get to shake off our winter doldrums and shed the extra layers of clothing we've been bundled in for the past six months. But though the long, hazy days ahead are synonymous with relaxation, this doesn't necessarily translate to your work wardrobe. It may be beach weather out there, but that doesn't mean you can start showing up to the office looking like you're headed to the shore. We asked four style experts in Boston to weigh in on the summer staples that are appropriate for the workplace and those you should save for those weekend seaside jaunts.

Do: Coloured jeans
While jeans are typically seen as a "Friday only" look, a pair with a pop of colour is a great way to show off your personality. The right coloured jeans definitely do work at the office, says Dani McDonald, owner of Flock. "It's a great way to incorporate the colours of the season into your work attire," says McDonald. For a dressier look, McDonald recommends pairing your jeans with a silk blouse or a well-pressed shirt — with collar unbottoned at top.

Do: Florals
Think a fun floral print is too youthful for the office? Think again! "Floral (dresses) are on trend and work perfect for the office," says Ann Dingwell, owner of Turtle.

As long as the dress is the proper length, and not too low-cut, they're an office do, says Dingwell. To keep warm in AC blasted offices, Dingwell recommends pairing dresses with a jacket or lightweight cashmere cardigan. Guys may want to add a pop of colour with a floral tie design, perhaps a nice paisley.

Don't: Maxi dresses
While long, flowing maxi dresses are both incredibly comfortable and versatile enough for most occasions, they don't pass for professional office attire.

"Maxi dresses tend to (either) be a little too casual (think beach wear or bathing suit cover ups) or too dressy for a formal work environment," says Pam Santorelli, owner of Habit.

Santorelli recommends saving the maxis for the weekends, when you can dress them up — or down — as needed.

Do: Tank tops and T-shirts
Gone are the days when baring shoulders at the office was a no-no.

Tank tops are great layering pieces for work, just remember to save the rib-knit tanks for the gym.

"Tank tops in the office are a do if they're dressy," says McDonald.

To keep the look work appropriate, McDonald suggests something structured, like a peplum tank, paired with a skirt.

Guys may want to avoid a printed T-shirt, but a solid-coloured or patterned T worn with a cardigan or sports jacket offeres a light and fresh look.

Don't: Shorts
While shorts can exude a preppy confidence, Emily Benson, founder and owner of The Fashion Truck, a mobile fashion boutique, recommends steering clear of them.

"There are few occasions and few styles of shorts that actually work for a business setting," says Benson. So when it's 90 degrees out there and pants just won't do, go for a dress.

Don't: Flip-Flops
While these casual sandals are many people's go-to footwear on a swelteringly hot day, flip-flopping your way to your desk won't win you any marks at the office. Flip-flops should be worn only at the beach, says Benson.

Guys, this goes for you too.

Summer rules

Our experts also tell us that...

- If you're wearing open-toed shoes or sandals, a pedicure is a must, says Dingwell.
- You should invest in a good strapless bra. Bra straps, especially plastic, shouldn't be seen, says Benson.
- Lightweight dresses can be a little shear, so wear a slip, says Santorelli.
- If you're not a fan of denim, then coloured khakis are a great option, says Benson.

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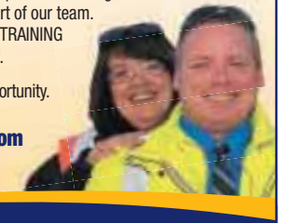
First Student

Kings navigate their way back into West final

Kings goalie Jonathan Quick searches for the puck through a net-front scrum during the first period of Game 3 of the Western Conference final against the Chicago Blackhawks on Tuesday night in Los Angeles. The Kings eked out a 3-1 win to pull back into the series after losing Games 1 and 2 in Chicago. HARRY HOW/GETTY IMAGES

Federer a shadow of normal self in quarters

French Open. 17-time Grand Slam champ bids adieu following thrashing by Tsonga

A point from losing the first set of his French Open quarter-final, Roger Federer shanked a routine forehand, sending the ball 10 feet beyond the opposite baseline.

The Court Philippe Chatrier crowd roared with approval, then loudly chanted the last name of Federer's opponent, Frenchman Jo-Wilfried Tsonga.

That shot was a clear indication that Federer was hardly Federesque on this day. There were plenty of others: He argued with the chair umpire about a call. He dumped overhead smashes into the net. And in a truly rare ungraceful moment, he failed to put a racket to — or get out of the way of — a backhand flip by a sliding Tsonga, instead getting hit on the back.

All in all, Federer looked lost out there Tuesday against the sixth-seeded Tsonga, who pounded his way to a 7-5, 6-3, 6-3 victory over the 17-time Grand Slam champion in a one-hour, 51-minute mismatch remarkable for its lopsidedness and brevity.

"I struggled a little bit everywhere. To be honest, personally, I'm pretty sad about the match and the way I played. But that's how it goes. I tried to figure things out, but it was difficult. And Jo does a good job keeping the pressure on," Federer said.

"He was just ... better in all areas," continued Federer, whose lone French Open title, in 2009, allowed him to equal Pete Sampras' then-record of 14 major championships. "He returned better than I did. Served better than I did. I struggled to find my rhythm."

THE ASSOCIATED PRESS

No surrender in Serena

Serena Williams came from behind in the third set to advance French Open semifinals for the first time since 2003 when she defeated Svetlana Kuznetsova 6-1, 3-6, 6-3.

- Williams had been beaten the last four times she reached the French Open quarters. The 15-time Grand Slam champion, who is ranked No. 1, won her only Roland Garros title in 2002.
- "I'm very happy to have won this quarter-final because the whole night I was afraid of my quarter-final match," she told the crowd in French on Tuesday. "It was a very tough match today, but it's good for me because, I don't know, but it's very good. I am exhausted."

It was not Roger Federer's day at the French Open on Tuesday — Frenchman Jo-Wilfried Tsonga beat him in straight sets. CLIVE BRUNSKILL/GETTY IMAGES

Calling it a career

Despatie retiring from diving

Three-time world diving champion Alexandre Despatie is retiring after an illustrious career that saw him burst on to the international scene as a 13-year-old phenomenon.

Despatie, 27, is the only diver to have won world championships in all three of the one-metre, three-metre and 10-metre events.

THE CANADIAN PRESS

Murder case

Pistorius stoic in court hearing

Oscar Pistorius stood for his entire 15-minute court hearing Tuesday, staring straight ahead, hands clasped in front of him and giving away little emotion as the world got its first closeup view of the double-amputee Olympian and murder suspect in nearly four months.

Pistorius faces a life sentence in prison, with a minimum of 25 years, if convicted of premeditated murder, the charge against him for the shooting death of Reeva Steenkamp.

THE ASSOCIATED PRESS

Oscar Pistorius leaves court on Tuesday in Pretoria, South Africa. THE ASSOCIATED PRESS

Mandatory safety

NHL, union reach visor consensus

At some point in the not-too-distant future, all NHL players will wear visors.

That's the long-term implication of Tuesday's decision by the competition committee to make visors mandatory for all players entering the league beginning next season.

Five owners and five players reached a consensus to grandfather in mandatory visors, meaning that all current players will still have the choice but incoming ones must continue to wear them as they have in junior, college and in Europe. THE CANADIAN PRESS

Mr Musk says Supercharge me

Autopilot. Versatile multi-tasker behind Tesla to build risky North America-wide charging network

AUTO PILOT
Mike Goetz
drive@metronews.ca

30 minute charge = three hours of driving. BOTH HANDOUT

The futuristic charger may soon eclipse the gas pump.

Tesla is not waiting. You other electric car companies and various government jurisdictions can just keep combing your hair and looking for your wallet and house keys. Tesla is heading out the door. That's the gist of Tesla's announcement last week about its intent to build a continent-wide network of charging stations, all by its lonesome.

Supercharging

The network will utilize the new Tesla "Supercharger," currently in beta testing and scheduled to roll out to customers this summer.

The technology will allow the Tesla Model S to be charged at 120 kW, replenishing three hours of driving in about 20 to 30 minutes — just enough time for a double-double and a bodily-function break. You're then free and able to drive off to another city, and another supercharger station, and to repeat that process as many times as you would like.

In a statement, Tesla said the Supercharger network will enable Tesla owners "to travel long distances, for free, indefinitely." Yes, free fuel. But indefinitely? I don't think that can actually work, unless you're one of those teenage vampires.

The Network

Currently Tesla already has a network that services California and Nevada on the west coast, and the Washington, DC to Boston region on the east coast. By next month, the number of stations will triple to cover more regions, including the northwest (Vancouver to Seattle to Portland).

Within six months the network will purportedly connect "most of the major metro areas in the U.S. and Canada," including Ottawa to Montreal. Apparently, it will then be possible to travel diagonally across the U.S. from Los Angeles to New York using only the Tesla Supercharger network. And within a year, the network will, according to the statement, "stretch across the continent, covering almost the entire population of the U.S. and Canada."

The man behind Tesla

The Tesla charging network is just one more bold move by Elon Musk, the enigmatic co-founder, CEO and Product Architect of Tesla Motors.

Other things on the billionaire's resumé: co-founder of PayPal; co-creator and principle shareholder of SolarCity, the leading provider of solar power systems in the U.S.; chief designer at SpaceX, which does a lot of things in space with rockets, like shuttling cargo back and forth from the International Space Station. Sometimes one strong, determined and capable person taking a calculated risk is the only way big things can get done. Otherwise it's a quagmire of committees, special interest groups and over thinking. But while I admire Elon Musk, I'm not sure I like him. He's making the rest of us look bad. Especially those of us who struggle with decisions. Do I have trouble making decisions? Well, yes and no.

There's protection in that car paint

Driving force. Several different layers laid on and cured on the factory floor are all part of the long term battle against corrosion

JIL MCINTOSH
Drive@metronews.ca

Cleaner process

"We now have one bake for all three layers, which lowers the carbon footprint by anywhere from 15 to 25 per cent and the energy saving is very significant."

Tim Weingartz, paint materials and strategy manager for Ford Motor Company
On how the latest painting technology is easier on the environment

Take note

- **Extra $.** Some car colours are extra-charge because some pigments, notably red, are costlier to manufacture. Metal flake can also drive up the paint's price.
- **Energy sapping.** Painting requires a lot of power, and can account for more than half of an auto plant's energy consumption.
- **Creative.** Auto colour designers work with many influences, including fashion design, to develop new paint shades for vehicles

One of the many paint phases on the factory floor. PHOTO: FORD MOTOR COMPANY

You might think your vehicle's paint is all about it looking good, but it's just half the story.

That paint job actually involves a multi-stage process that's as much about protecting the metal from corrosion as it is about appearance.

The first step starts before the car is even built. "The steel comes in as a coil with a zinc layer that's applied at the mill," says Tim Weingartz, paint materials and strategy manager for Ford Motor Company.

"The zinc is the first layer for corrosion protection."

The steel is made into a vehicle body, which is then dipped into two different tanks, each containing more than 60,000 litres of corrosion-resistant coating materials.

The body is then baked at 180 degrees Celsius to cure the coatings. These, plus that first zinc coating, provide three initial layers of protection against rust.

The first paint step is primer. It protects the top anti-corrosion layer from sunlight, which can make it go chalky, and it provides a smooth base for the paint.

Since it's a relatively elastic coating, it also absorbs the energy when debris hits it, helping to prevent stone chips.

"After that, we put on the layer that everyone thinks of as the paint," Weingartz says.

"It's typically a base coat which contains the colour and pigment. Over top of that, we apply clear coat. It's a superior barrier and it gives the car that depth of appearance that adds to the esthetics of the vehicle."

Some colour coats contain tiny flakes of aluminum or mica. Known as "metallic" paints, these give the finish an extra glimmer. All of the primer, paint, and clear coat layers together are about as thick as a human hair.

Once the final clear coat layer is applied, the vehicle is baked again to cure the paint.

"We used to bake the primer separately, and then the base coat and clear coat," Weingartz says. "We now have one bake for all three layers, which lowers the CO2 footprint by anywhere from 15 to 25 per cent, and the energy saving is very significant. The lean process has elevated us environmentally, and it's a cost savings, too."

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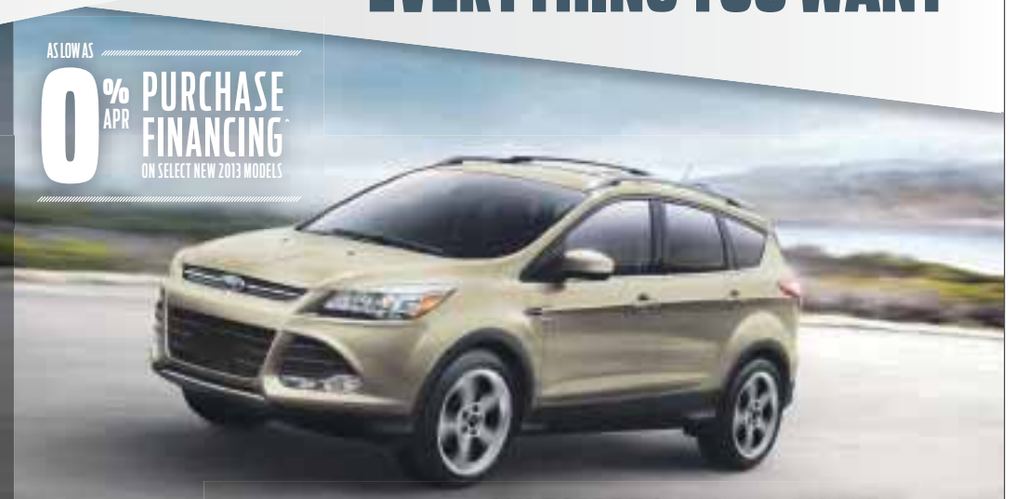
- & BLIS® (BLIND SPOT INFORMATION SYSTEM)
- & SONY® AUDIO SYSTEM
- & REMOTE START
- & SECURICODE™ INVISIBLE KEYPAD
- & MUCH MORE

AS LOW AS 0% APR PURCHASE FINANCING^ ON SELECT NEW 2013 MODELS



2013 ESCAPE SE FWD 1.6L ECOBOOST

9.1L/100KM 31 MPG CITY**
6.0L/100KM 47 MPG HWY**

WELL-EQUIPPED FOR ONLY $149‡ @ 2.49% APR

financed bi-weekly for 84 months with $600 down.

CASH PURCHASE FOR $25,449*

Offers include $500 in manufacturer rebates and exclude freight and air tax.

THE ALL-NEW
2013 FUSION S

Built after December 2012

WELL-EQUIPPED FOR ONLY $136‡ @ 1.49% APR

Financed bi-weekly for 72 months with $1,750 down.

CASH PURCHASE FOR $21,999*

5.8L/100KM 49 MPG HWY**
9.2L/100KM 31 MPG CITY**

Offers exclude freight and air tax.

2013 F-150 SUPER CAB XLT 4X4 5.0L

LEASE FOR ONLY $269‡ @ 0.99% APR

for 24 months with $2,250 down.

OR STEP UP TO A SUPER CREW FOR $13‡ MORE A MONTH

Offers include $9,250 in manufacturer rebates and exclude freight and air tax.

2013 EDGE SEL FWD

WELL-EQUIPPED FOR ONLY $185‡ @ 1.99% APR

Financed bi-weekly for 72 months with $1,750 down.

CASH PURCHASE FOR $28,999*

6.6L/100KM 43MPG HWY**
9.9L/100KM 28MPG CITY**

Offers include $3,750 in manufacturer rebates and exclude freight and air tax.

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Horoscopes

♈ Aries
March 21 - April 20
You may prefer to hide than to deal with people who annoy you today. But that would be a shame because the planets indicate you have much to share, and much to gain from expressing your point of view.

♉ Taurus
April 21 - May 21
Someone you live or work with will test your willingness to stand up for what you believe over the next 24 hours. They don't know you as well as they should. A Taurus never gives in!

♊ Gemini
May 22 - June 21
You may be big and tough enough to face a worrying situation alone by there is no reason why you should. Call on friends and colleagues to back you up today.

♋ Cancer
June 22 - July 23
A loved one is eager to kiss and make up and, deep down, so are you. Get over your hurt feelings and get back together. And remember: Everyone falls out occasionally.

♌ Leo
July 24 - Aug. 23
According to the planets, affairs of the heart need extra attention today, as do friendships that seem to be drifting apart. The upcoming new moon can heal any rift. But first that has to be your desire.

♍ Virgo
Aug. 24 - Sept. 23
Most people respond well to reason but one person is behaving so badly that you may have no choice but to lay down the law. No one plays hardball better than a Virgo.

♎ Libra
Sept. 24 - Oct. 23
If someone offers you advice today, you would be wise to listen and, if possible, take action. The last thing they want is to see you make a silly and costly mistake — and you don't want to see it either.

♏ Scorpio
Oct. 24 - Nov. 22
An opportunity to improve your status at work looks tempting but the planets warn it will mean a lot of extra responsibility and you already have too much on your plate.

♐ Sagittarius
Nov. 23 - Dec. 21
Your plans for the day should be based on what interests you, not on what other people expect of you. If you let them tell you what to do once, they will do it again and again.

♑ Capricorn
Dec. 22 - Jan. 20
You may be doing well but you are also worried that the more you gain, the more likely it is someone will come along and take it away from you. That's far too negative an attitude — and far too materialistic.

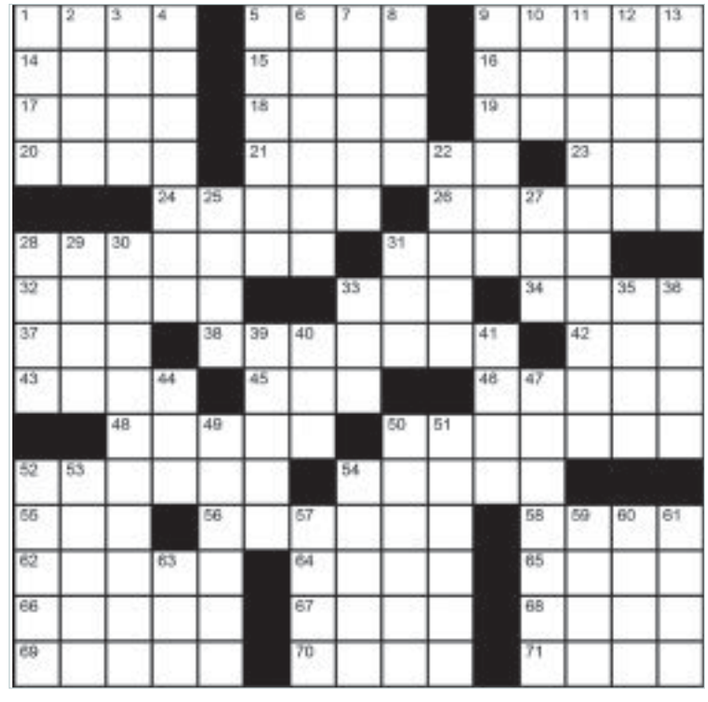
♒ Aquarius
Jan. 21 - Feb. 19
Routine tasks will come easy to you today and you will feel immensely pleased with yourself when it's all done. You will also be entitled to take it easy this evening, maybe in the company of a special friend.

♓ Pisces
Feb. 20 - March 20
If you have something to say, you must speak up. According to your solar chart, a frank exchange of views is not just an option but a must. Without it, confusion and bad feelings will continue. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

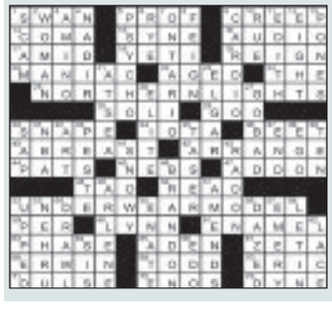
BY KELLY ANN BUCHANAN



Across
1. Fermented honey drink
5. Matt of jazz in Canada
9. Berry
14. "ER" complaint
15. Empire of yore
16. Kind of wall†hanging
17. Restaurant bigwig
18. Go to and fro
19. Not that much
20. Organism body
21. Champagne/orange juice drink
23. Madhouse
24. Necklace fastener
26. Sports team participant
28. Be left-on-the-counter-too-long bread: 2 wds.
31. Climbing leguminous plant
32. Mythology: Rarified fluid
33. Poetic contraction
34. Geological periods
37. "Murder, __ Wrote"
38. Canadian singer of "Sometimes When We Touch": 2 wds.
42. Kind of small deer
43. Highway honker
45. Farm fluff
46. Put out
48. 1940s jazz
50. "Working for the __" by Loverboy
52. Edvard Munch painting, The __
54. Barry Manilow song
55. Romance
56. Dismount the bus or train: 2 wds.
58. Thingy like this: _____
62. Melanie Griffith movie, "A Stranger __ Us" (1992)
64. Bit of knowledge
65. Concept
66. Orange __ tea
67. Computer company
68. "__ the time!" (Go for it!)
69. Place
70. Gave the once over
71. "Anything __?"

Down
1. PC alternatives
2. Lingering sound
3. "Excuse me..."
4. In†reality: 2 wds.
5. Gloomy
6. Foolish
7. Rapscallion
8. Send to the boxing canvas
9. Some volcanic rock
10. Paris landmark, __ de Triomphe
11. Neil Young's backing band: 2 wds.
12. Dugout
13. Prominent Titanic passenger, John Jacob __ IV (b.1864 - d.1912)
22. Participate in a bee
25. Grease
27. Superstar
28. Hollywood legend Lillian
29. Resort in Jamaica, __ Rios
30. Quebec locale of Bishop's University
31. Lucky number, ancient Rome style
33. Your, Bible-style
35. Adjective's friend
36. Sunflower what?
39. "Oh, give me _ __ where the buffalo..."
40. Log Z's
41. Wasn't truthful
44. Wedding announcement word
47. Toronto's has the CN Tower in it
49.Prepped groceries at the cash
50. Breakfast appliance, __ iron
51. Wrap with a covering
52. Changes for another
53. Space object
54. It makes the world go round
57. Detergent brand
59. British rocker Billy
60. Huey Lewis & The ___
61. Alleviate
63. "Never." = "__ _ thousand times."

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

8				5				9
1		6		2		5		7
		5	6		8	3		
7								1
			5		9			
5								3
		3	7		4	9		
9		2		1		7		8
4				9				6

Yesterday's Sudoku

7	5	3	8	4	2	9	6	1
1	2	8	5	9	6	7	4	3
6	4	9	7	1	3	5	8	2
9	1	7	6	5	8	2	3	4
4	3	6	2	7	9	8	1	5
2	8	5	4	3	1	6	7	9
8	7	4	3	2	5	1	9	6
5	6	1	9	8	4	3	2	7
3	9	2	1	6	7	4	5	8

Today 24°/12° Sunny
Thursday 22°/10° Mainly sunny
Know what the weather will be 14 days from now.
Check the 14 day trend.
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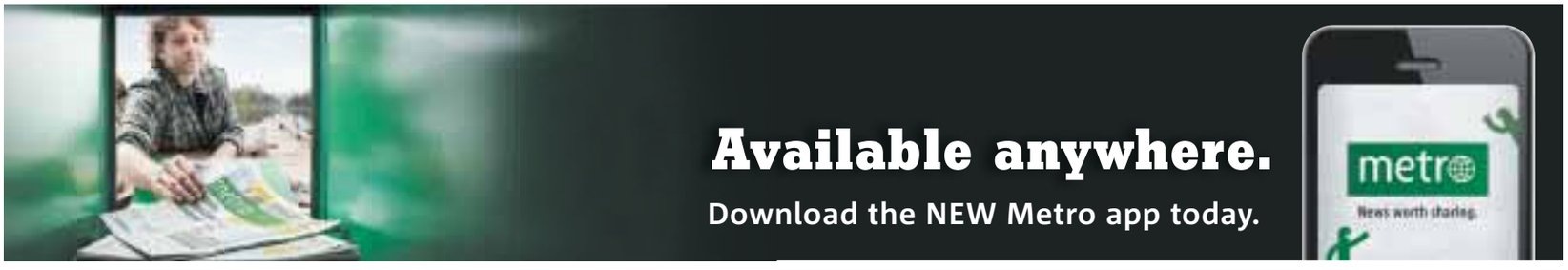

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